

Introduction to Stand Up Paddleboarding



Want to 'walk on water'? That's what it feels like when you're stand-up paddleboarding! Known as SUP, it's the fastest-growing watersport in the world. SUP is fun and easy to learn for all ages, and it's an amazing full body, low-impact workout that helps build core strength and balance. The 90-minute introductory lesson will teach you the fundamental skills to get you started in this popular watersport, including proper stance on the board and essential paddling techniques.

The minimum age is 12 and those under 18 must be accompanied during lesson by an adult. Participants should have basic swimming ability and comfort in the water.

Two class locations: Lake Johnson Park and Lake Wheeler Park.

Class fee: \$60 per student

Pre-registration is required.

To register, call Triangle Glides at (919) 828-1988 or (800) 979-3370 (ticketing service). Equipment and instruction are provided. For more information on dates and times please visit www.TriangleGlides.com.

Visit reclink.raleighnc.gov to view upcoming programs offered by the City of Raleigh Parks and Recreation Department. Registration is available online.

Lake Wheeler Park
6404 Lake Wheeler Road
Raleigh, N.C. 27603
919-662-5704
www.raleighnc.gov

Lake Johnson Park
4601 Avent Ferry Road
Raleigh, N.C. 27606
919-233-2121
www.raleighnc.gov

